

# Trinity Health Gastroenterology Same Day Surgery

## Trinity Hospital

2305 37th Ave SW

Minot, ND 58701

Call: 701-857-7437 or Toll Free 1-800-598-1205 Ext 77437

### Colonoscopy/Sigmoidoscopy

Date of Procedure: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

Physician \_\_\_\_\_

- A nurse from Trinity Preadmissions may be **calling** you before your scheduled procedure to update your health history and medication list. **It is very important that you read the accompanying information about your upcoming procedure.**
- Review and keep the instructions so that you can have any questions answered before your procedure
- Check with your insurance company if you have any concerns regarding insurance coverage for this test.
- If you are receiving sedation for your procedure:
- Arrange for a responsible adult, age 18 or older, to drive you home from your procedure. If you do not have a driver your procedure will be canceled.

**If your driver does not stay with you during your procedure, they must be available to return at any time.** Your driver must come to the clinic and drive you home.

If you come by van, taxi, bus, or walk; a family member or friend must accompany you home. We CANNOT discharge you alone.

Driving a car, operating any machinery or power tool is **Prohibited** for **24** hours after your procedure

### Pediatric Patients: Patients Under Age 18 Years

- A parent or legal guardian **must remain** at the Trinity Health Gastroenterology Same Day Surgery Dept. the entire time that the pediatric patient is here.
- We recommend 2 adults accompany the pediatric patient on the drive home. One adult to drive and one to care for the patient.
- Expect your child to be sleepy and emotional for the remainder of the day.
- Do not bring other siblings with you to the patient's appointment.
- If two children in the family are having a procedure, two adults need to be present.

If you have questions call 701-418-7080. If you need to reschedule, call 701-857-7437.

## 2 Day Colonoscopy Bowel Preparation Instructions SuPrep

### 14 Days Before the Procedure

- **If you take** Glucagon-like peptide-1 receptor agonists (Ozempic, Trulicity, Rybelsus, Bydureon BCise, Byetta, Victoza, Adlyxin, Mounjaro) for either weight loss or diabetes, **Stop** taking **TWO WEEKS** prior to your procedure. This applies to both the weekly injections AND if taking a daily dose.
  - If taking for diabetes, **consult with your Primary Care provider** to manage antidiabetic therapy and hyperglycemia.

### 5 Days Before the Procedure

- **If you take** Aggrenox (Aspirin/Dipyridamole), Brilinta (Ticagrelor), Coumadin (Warfarin), Effient (Prasugrel), Eliquis (Apixaban), Plavix (Clopidogrel), Pletal (Cilostazol), Pradaxa (Dabigatran), Savaysa (Edoxaban), or Xarelto (Rivaroxaban), **call the prescribing physician for instructions about stopping this medication before your colonoscopy. It is not safe to stop these medications without your doctor's advice.**
  - **Do not stop taking Aspirin.**
  - If you take fiber supplements or any other medications containing iron, discontinue taking those medications **5 days** before your scheduled appointment. This includes multivitamins with iron.
  - **Do not** eat any peas, corn, peanuts, or nuts until after your procedure.
  - Avoid food that contains Olestra (an oil substitute).
  - Obtain Plain or Aloe Baby wipes or Vaseline if needed for soreness. If you have hemorrhoids, you can use Tucks.
  - Your prescription has been sent electronically to your pharmacy. Call ahead to your pharmacy before going to pick it up.
  - Purchase your prep components: (available over the counter at any Pharmacy or Retail Store):
    - Colace (Docusate Sodium)** tablet. You will need 1 tablet.
    - Dulcolax (Bisacodyl)** tablets (you will need 2)
    - MiraLAX (Polyethylene glycol)** 14 dose size container (8.3oz/238 gm)
      - Trinity Outpatient Pharmacy and KeyCare Pharmacy offer a kit that includes the Dulcolax (Bisacodyl) tablets needed for this prep in addition to the MiraLAX (Polyethylene glycol).
      - You may go to any pharmacy for your prep supplies, but make sure you obtain all the components necessary for this prep.
      - These preparations do not require a prescription and cannot be billed to insurance. (Medicaid patients, check with your pharmacist as some Medicaid plans may cover it.)
- 2 quarts (64 ounces) of Gatorade or Crystal Light** (not red or purple colored) or **water**. This is to mix with the MiraLAX (Polyethylene glycol) powder. Do not mix with the liquid until the afternoon before your procedure.

## **2 Days Before the Procedure**

- Begin a Clear Liquid Diet when you wake up - [See Diet Sheet](#)
- Do not drink any red or purple liquids
- No alcohol
- **No gum**
- Drink 8 to 10 glasses of liquid throughout the day. You can continue to drink clear liquids up until midnight prior to the day of your procedure.
- **3:00 pm:** Take 2 Dulcolax (Bisacodyl) tablets
- **5:00 pm:** Mix 64 ounces of Gatorade, Crystal Light (not red or purple) or water with the 14-dose size container (8.3oz/238 grams) of MiraLAX (Polyethylene glycol) laxative powder in a large pitcher
- **Do Not** chill this prep. Drinking chilled prep solution may induce intestinal spasms causing cramping and nausea
- Drink 8 ounces of the mixture every 10 minutes until half of it is gone (32 ounces)
- If you become nauseated or too full, take a short break then restart drinking the prep solution at a slower pace
- If you have diabetes take your medications as directed by your doctor
- Check your blood sugar more often during the day. Treat low blood sugar with apple juice, regular soda pop or any clear liquid that contains sugar
- **10:00 pm:** Drink the second half of the prep mixture, 8 ounces every 10 minutes until it is gone (32 ounces). If you become nauseated or too full, take a short break then restart drinking the prep solution at a slower pace.

## **1 Day Before the Procedure**

- Continue a Clear Liquid Diet when you wake up - See Clear Liquid Diet Sheet
- **Take Dulcolax (Bisacodyl) 5 mg, 2 tablets in the morning.** (Not included in the Prep Packet) can be purchased at any Pharmacy or retail store OTC (over the counter).
- Do not drink any red or purple liquids.
- No alcohol.
- Drink 8 to 10 glasses of liquid throughout the day. You can continue to drink clear liquids up until midnight prior to the day of your procedure.
- **3:00 pm: take Colace (Docusate Sodium) 1 Tablet.** (Not included in the Prep Packet) can be purchased in any Pharmacy or retail store OTC (over the counter).
- **5:30 pm:** Mix one 6-ounce bottle of SuPrep with 10 ounces of cool water in the mixing container (16 ounces total). **Do Not** use cold water. **Do Not** chill this prep. Drinking chilled

prep solution may induce intestinal spasms causing cramping and nausea. Drink all this liquid.

- Then drink 2 more 16-ounce containers of water (an additional 32 ounces) in the next hour, 8 ounces every 15 minutes in that hour.
- If you become nauseated or too full, take a short break then restart drinking the prep solution at a slower pace
- **If you have diabetes take your medications as directed by your doctor**

Check your blood sugar more often during the day. Treat low blood sugar with apple juice, regular soda pop or any clear liquid that contains sugar.

### **Day of the Procedure**

- **5 hours before your arrival time:** Mix one 6-ounce bottle of SuPrep with 10 ounces of cool water in the mixing container (16 ounces total). Drink all this liquid
- Then drink 2 more 16-ounce containers of water (an additional 32 ounces) in the next hour. 8 ounces every 15 minutes in that hour. Finish the final glass of water **3 hours before** your arrival time.
- If you become nauseated or too full, take a short break then restart drinking the prep solution at a slower pace.
- Your stool should be watery, like urine. **If your stool is formed, or liquid brown call 701-418-8730 and reschedule your appointment**
- Take your routine morning medications (**except your oral diabetic medication**) with a sip of water.
- **Do Not** eat or drink any other liquids.
- **No Chewing Tobacco, Gum, Candy, Cough Drops or Mints**
- **If you eat food, drink liquids, chew tobacco or gum or eat candy / cough drops / mints on the day of your procedure, it will be postponed or cancelled**
- Brush your teeth but **Do Not** swallow any water
- Do not apply nail polish, lotion, or powder on the day of your procedure. You may apply deodorant.
- Do not wear any jewelry or body piercings to the procedure.
- Report to the registration desk 1<sup>st</sup> floor of Trinity Hospital at the scheduled arrival time with your responsible adult
- The approximate pick-up time is **3 hours** after your arrival time, **this may be sooner**. Your escort should be able to pick you up **within 30 minutes** after we call.

# Clear Liquid Diet for Gastroenterology Procedures

## Foods Allowed:

- Water
- Tea or Coffee (without creamer or milk)
- Broth, bouillon, or consommé
- Flavored water (no red or purple dyes)
- Clear soda
- Apple juice
- Crystal light (no red or purple dyes)
- Lemonade (strained, no pulp)
- White Cranberry Juice
- White Grape Juice
- Gelatin (without fruit, no red or purple dyes)
- Italian Ice not Sherbet (no red or purple dyes)
- Sports drinks (no red or purple dyes)
- Popsicles (no red or purple dyes)

## Foods to avoid:

- Avoid Milk and Milk Products
- Avoid all Solid Food
- Avoid Tomato or Cream Soups
- Avoid foods that contain **Red or Purple dye**

# Diabetic Information Sheet for Gastroenterology Procedures

**If you have diabetes, any procedure that causes you to miss a meal or change your usual meal plan requires special planning to safely manage blood glucose level**

- Check your blood glucose level before all meals and at bedtime on the procedure preparation day and on the day of your procedure
- Check your blood glucose at any time you experience any symptoms of **low blood sugar:** hunger, shakiness, nervousness, sweating, dizziness, sleepiness, confusion, difficulty speaking, anxiety, weakness or
- Check your blood glucose at any time you experience any symptoms of **very high blood sugar:** dry mouth, thirst, frequent urination, blurry vision, fatigue, drowsiness, weight loss, increased appetite
- Schedule the procedure appointment early in the day so that you can eat after it and take your medication as close to the usual times as possible
- Call: **701-418-7080** for any prep related questions
- The day before the procedure you will be on a **Clear Liquid Diet**
- The Clear Liquids should not contain **red** or **purple** dyes

**Aim for 45 grams of carbohydrates at meals and 15-30 grams of carbohydrates for snacks**

## **Food Items without Carbohydrates**

- Fat-free broth, bouillon, or consommé
- Diet clear soda
- Coffee
- Tea, unsweetened or diet
- Seltzer, Flavored water

## **Food Items with Carbohydrates**

- Apple Juice (4 oz) -- 15 grams carbohydrate
- White Grape Juice (4 oz) -- 20 grams carbohydrate
- Sports Drinks (8 oz) -- 14 grams carbohydrate
- Jell-O, Regular, Sweetened -- 15 grams carbohydrate
- Popsicles (refer to product label -- 15 grams carbohydrate
- Italian Ice not Sherbet (refer to product label) -- 30 grams carbohydrate
- Sugar (1 teaspoon or packet) -- 4 grams carbohydrate